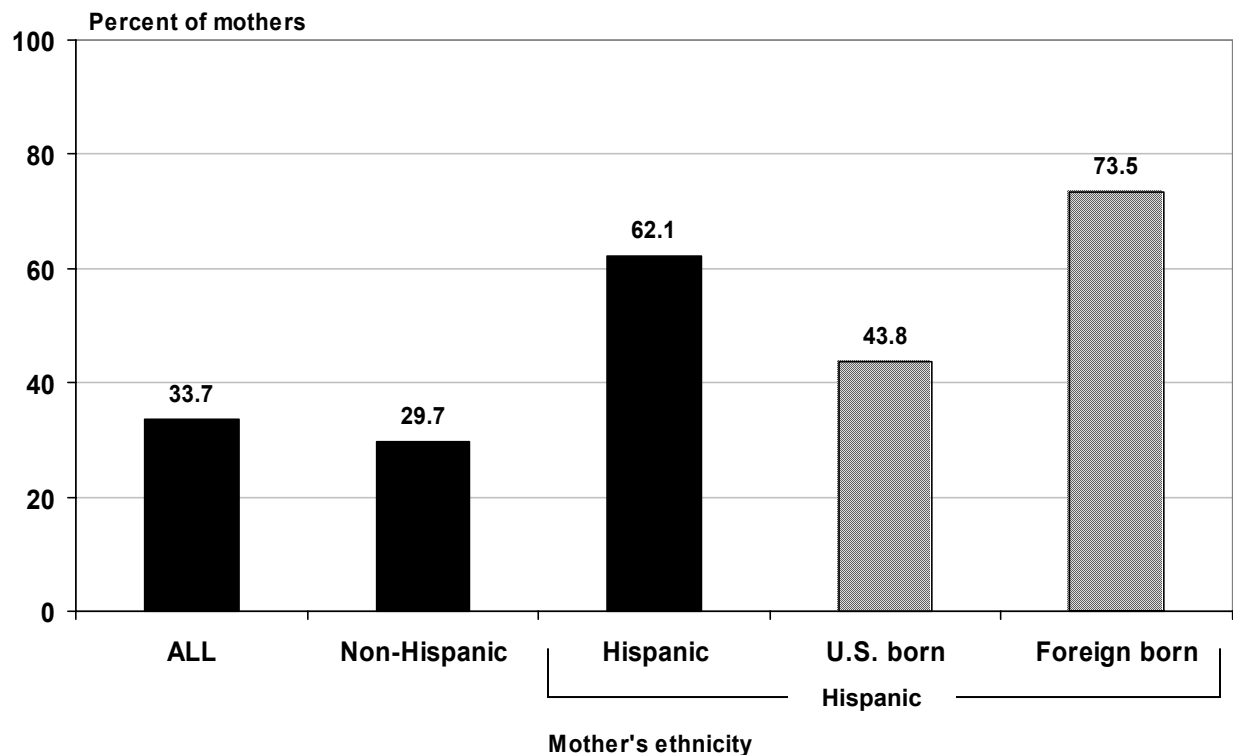


MATERNAL WEIGHT AND NUTRITION

Idaho PRATS

Participation in the WIC Program During Pregnancy By Mother's Ethnicity 2001

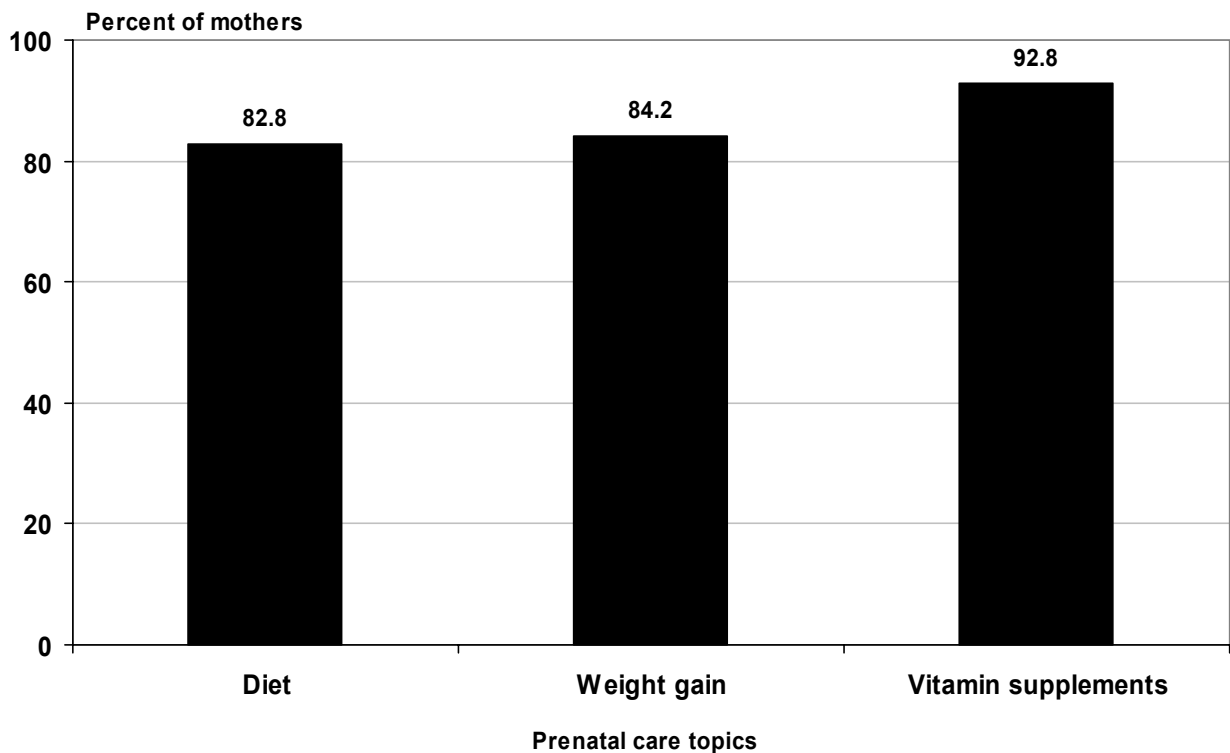


Summary

One-third (33.7 percent) of Idaho resident adult mothers participated in the WIC Program (Supplemental Nutrition Program for Women, Infants, and Children) during their pregnancy. Participation in the WIC Program varied by mother's ethnicity and place of birth (mother's place of birth is a proxy measure for citizenship status). Hispanic participation in WIC was high (62.1 percent) with almost three-quarters (73.5 percent) of Hispanic foreign-born mothers participating. The differences were statistically significant ($p=.05$).

Idaho PRATS

Discussion About Nutrition and Weight Gain During Prenatal Care 2001



Summary

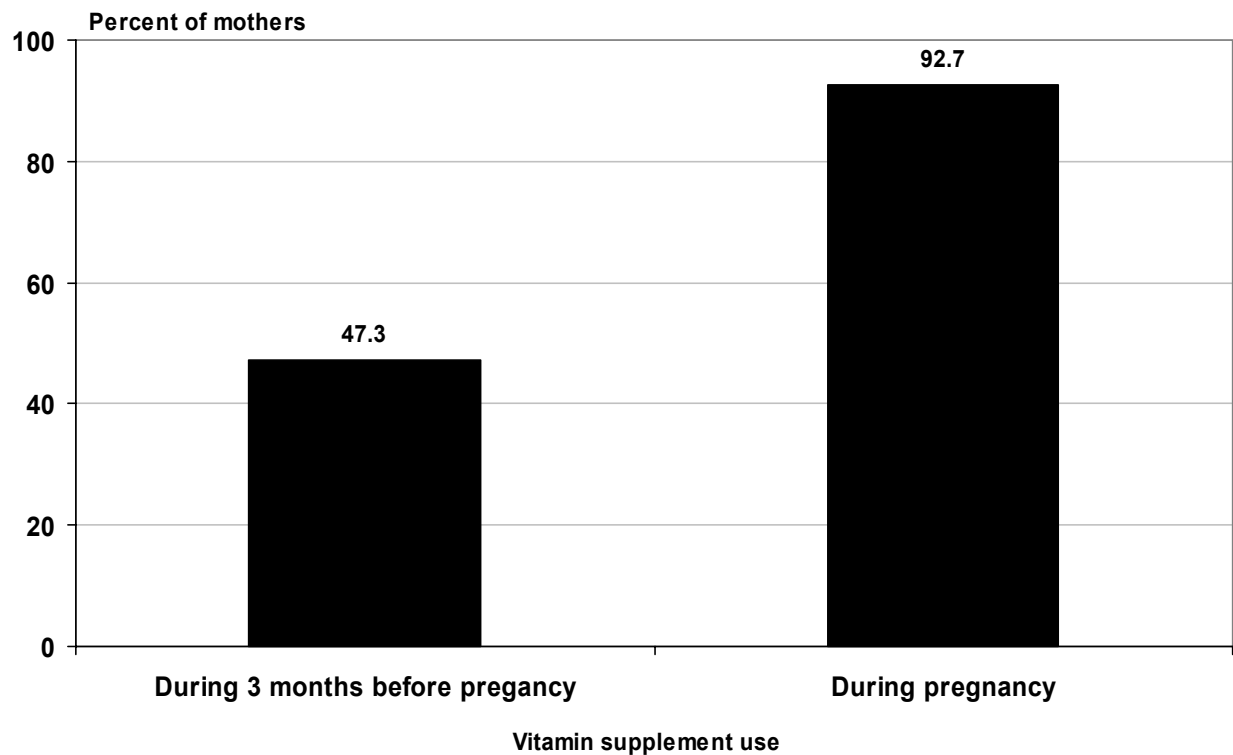
Idaho resident adult mothers were asked about what issues they were given information about during their prenatal care visits. The majority of mothers reported that they were given information concerning what they should eat (82.8 percent), how much weight they should gain (84.2 percent), and the importance of taking vitamin supplements during their pregnancy (92.8 percent).

Idaho PRATS

Vitamin Supplement Use

Before and During Pregnancy

2001

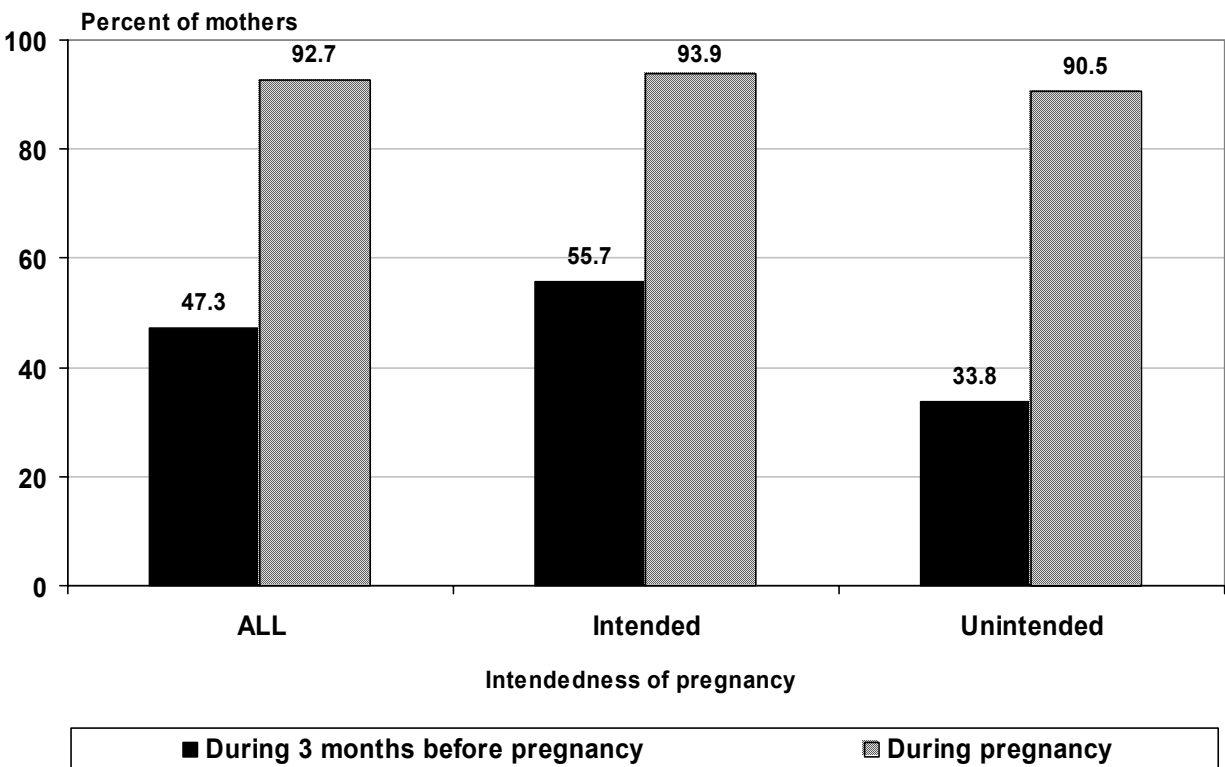


Summary

Almost half (47.3 percent) of Idaho resident adult mothers reported taking a vitamin supplement during the three months before becoming pregnant. Almost all mothers (92.7 percent) reported taking vitamin supplements during pregnancy.

Idaho PRATS

Vitamin Supplement Use by Intendedness of Pregnancy 2001

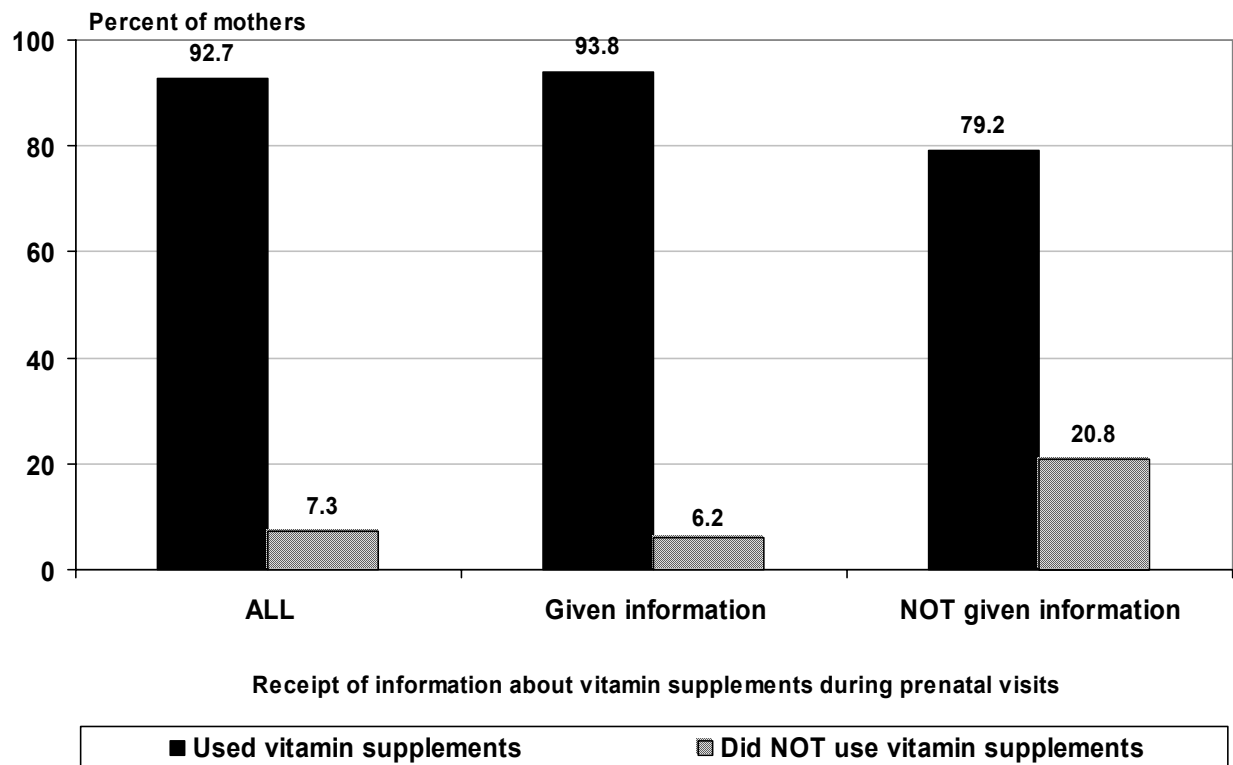


Summary

Almost half (47.4 percent) of Idaho resident adult mothers reported taking a vitamin supplement during the three months before becoming pregnant. Mothers who indicated that their pregnancy was unintended were less likely to have taken vitamin supplements during this time than mothers who intended to become pregnant (33.8 percent and 55.7 percent, respectively). This difference was statistically significant ($p=.05$).

Idaho PRATS

Vitamin Use By Discussion of Vitamin Supplements During Prenatal Care 2001



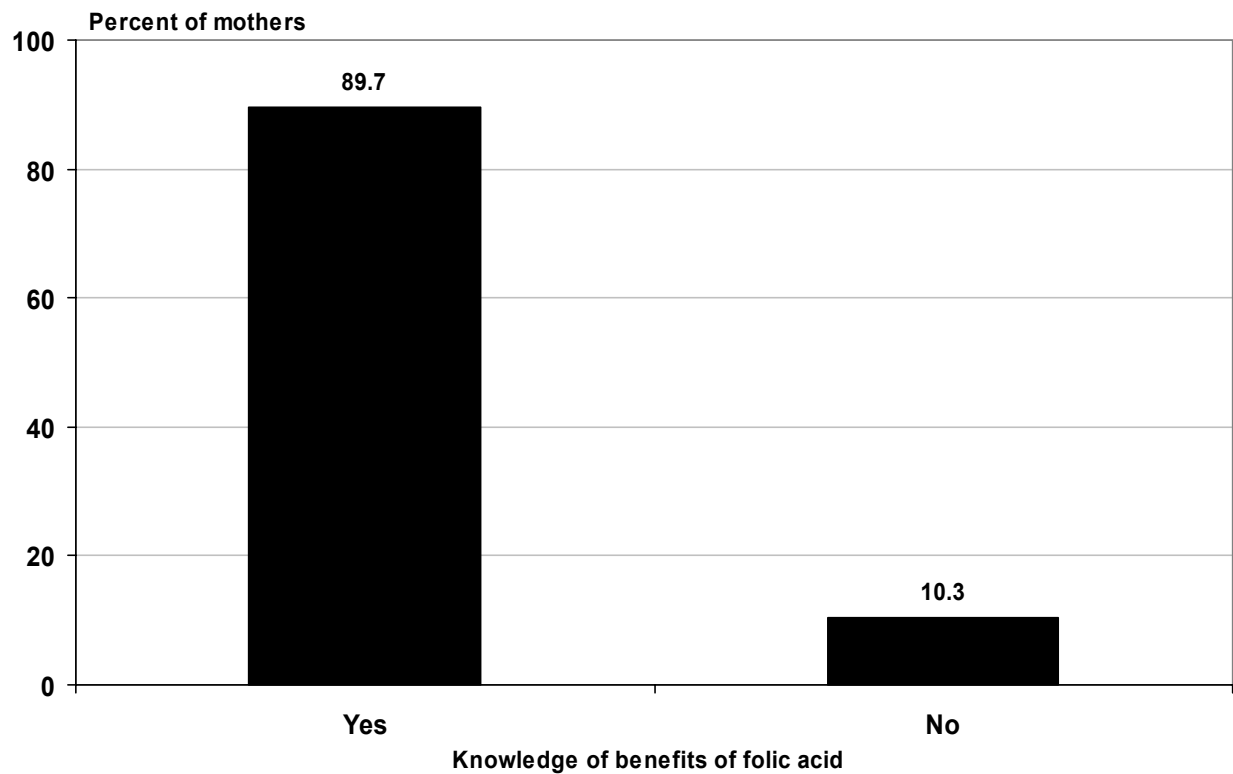
Summary

Idaho resident adult mothers who were given information about the importance of taking vitamin supplements during pregnancy were more likely to take vitamins during pregnancy (93.8 percent) than mothers who were not given this information (79.2 percent). This difference was significant ($p = .05$).

Idaho PRATS

Knowledge of Benefits of Folic Acid

2001



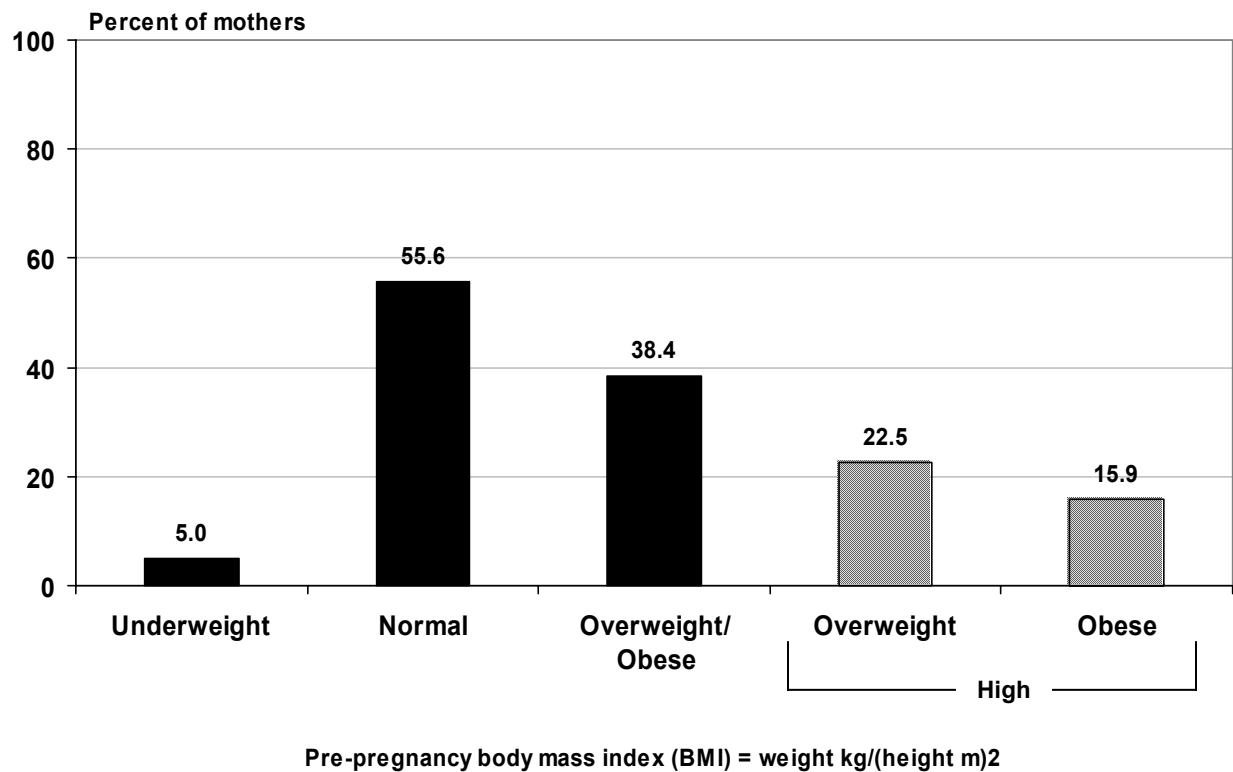
Summary

Folic acid is a naturally occurring B vitamin that helps prevent birth defects, called neural tube defects, that affect the spine and brain (The National Women's Health Information Center, 2002). The majority (89.7 percent) of Idaho resident adult mothers reported that they had heard or read the taking the vitamin folic acid can help prevent some birth defects.

Idaho PRATS

Mother's Pre-Pregnancy Body-Mass Index (BMI)

2001



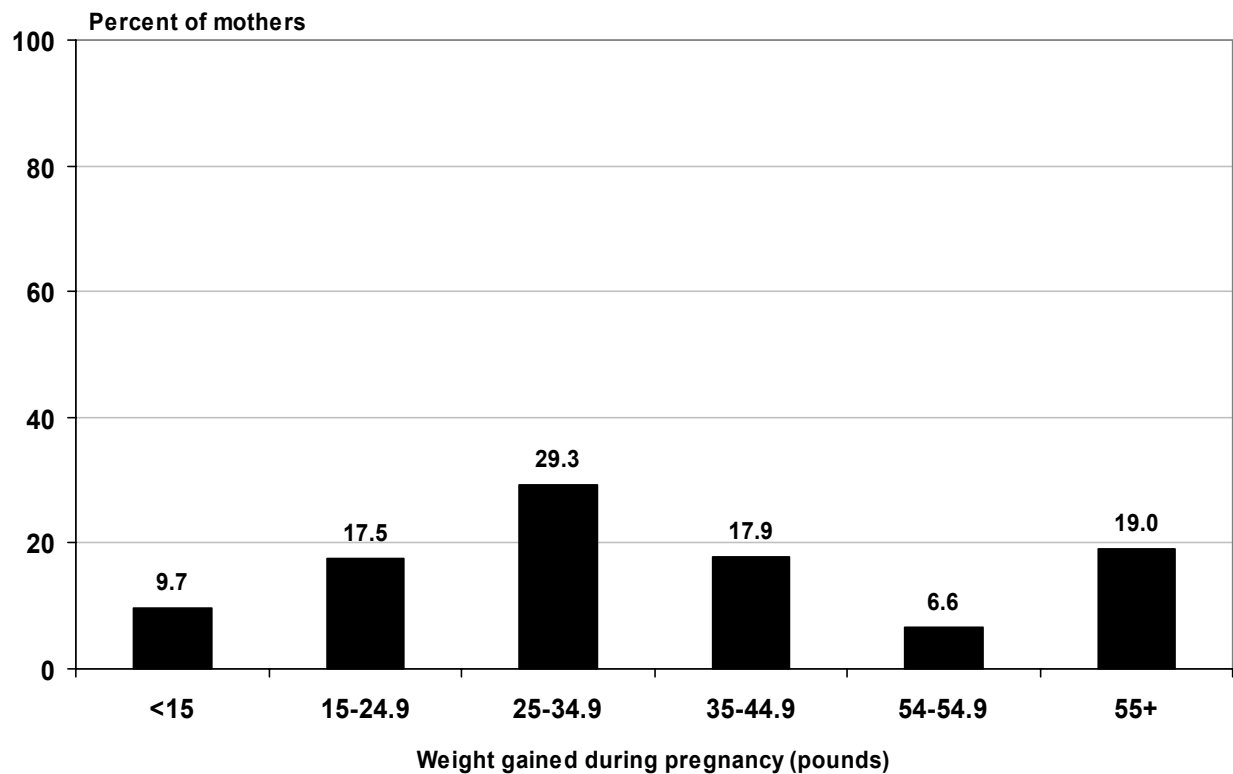
Summary

The pre-pregnancy body-mass index (BMI) is the ratio of a woman's pre-pregnancy weight to her height (squared). Having either a low or high pre-pregnancy BMI is a risk factor for certain medical complications for the mother and poor birth outcomes for the infant. Just before pregnancy, 38.4 percent of Idaho resident adult mothers were overweight or obese (BMI>24.9), and 5.0 percent were underweight (BMI<18.5).

Idaho PRATS

Weight Gain During Pregnancy

2001



Summary

Just less than half (46.8 percent) of Idaho resident adult mothers gained 15 to 34.9 pounds during pregnancy. The average weight gain was 39.8 pounds.

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